OWNER'S MANUAL AND ASSEMBLY FOR MODEL TSP3737

52 YEARS OF INNOVATION 1966 - 2018

Persona TheraSauna®

Far Infrared Health Sauna

MADE IN THE USA

Heal Your Mind And Body

MADE FROM 100% ASPEN WOOD:
99% NON TOXIC & NON ALLERGENIC

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CONGRATULATIONS!

Your recent purchase of a TheraSauna® Persona is a step toward a lifetime of better health and well-being. Health and medical experts agree TheraSauna® Persona is one of the finest products of its kind world wide. We welcome you to the TheraSauna® Persona family and wish you many years of enjoyment.

Dear Customer,

Carefully and thoroughly read this manual in its entirety before using your TheraSauna® Persona for the first time. We recommend keeping this manual for regular review and future reference.

We attribute our growth and success entirely to our customer's satisfaction, the recognized health benefits, and the quality of our workmanship. We use only the best materials combined with state-of-the-art systems, construction and the highest safety standard in the industry.

You will be surprised at the noticeable effects on pain relief, weight control, detoxification, and stress reduction due to an increased blood circulation when using the TheraSauna® Persona.

Whatever your needs, we invite you to experience the difference with the TheraSauna® Persona: A difference in health benefits, a difference in quality, and a difference in our team of service and support personnel.

The whole TheraSauna® team is looking forward to serving your needs.

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TheraSauna® Persona Features

Bolt Together Design, 30 Minute Assembly

Plugs Into Any 120V 15 Amp Wall Outlet

Proprietary, Solid Ceramic TheraMitter™ Heaters

Easy To Use SoftTouch™ Controls

Aspen Back Rest For Extra Comfort

Elegant Interior Reading Light

Conditions of Use

1. **Outside Ambient Air Conditions for Optimal Operation from +5℃ ~+ 40℃ (+41℉ ~+104℉)**
2. **Relative humidity ≤ 85%**
3. **Depression: 700~1060 hpa**
4. **Main supply: 120V (15 AMP)**
5. **Frequency: 60Hz±1**

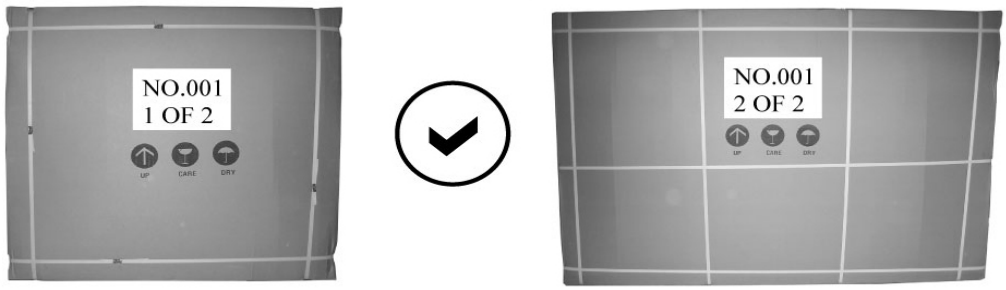
General Technical Characteristics

1. **Functions processed by microprocessors**
2. **Temperature adjustable from 37.78℃ to 60℃ (100℉-140℉)**
3. **Adjustable use time from 0 to 60 minutes**
4. **Digital temperature sensor**
5. **SoftTouch™ Control**
6. **Long-life ceramic TheraMitter™ heaters**

Packaging and Individual Panel Information

The 1-person sauna will be packed in 2 boxes:

PLEASE FIND OUT THE SAME NUMBER OF THE CARTON BOX.
FOR EXAMPLE: "NO.001: 1 OF 2" FIT "NO.001: 2 OF 2" ON CARTON PACKAGE. THEN YOU CAN ASSEMBLE OUR SET VERY EASILY.



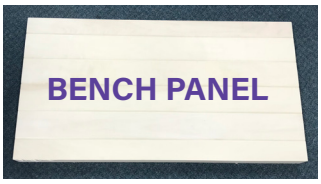
NOTE: PLEASE DO NOT MIX PACKAGE (MEANS PARTS FROM DIFFERENT BOXES CAN NOT BE INSTALLED TOGETHER, OR EXCHANGED).

Parts List

- FRONT PANEL WITH GLASS DOOR
- BOTTOM PANEL
- ROOF PANEL
- 2 SIDE PANELS (LEFT AND RIGHT)
- BACK PANEL
- BENCH PANEL
- LIGHT FIXTURE
- LIGHT MOUNTING SCREW
- FURNITURE BOLTS
- 5/16 HEX KEY

Roof panel with unfinished side up

FRONT PANEL WITH GLASS DOOR



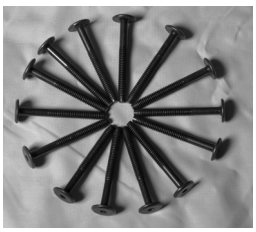
LEFT PANEL

BACK PANEL

LIGHT FIXTURE

RIGHT PANEL

FURNITURE BOLTS



5/16 HEX KEY

LIGHT MOUNTING SCREW

WARNING!!! The receptacle provided by the manufacturer must be installed by a qualified electrician only

Installation Information & Assembly

A. Do not plug any other appliances into the outlet with your sauna.
B. The sauna should always be placed on a level surface.
C. The sauna must be placed indoors and in a dry area.
D. Do not spray the exterior with water. If your floor is damp, install a floor separator to keep the sauna high & dry.
E. Do not store flammable objects or chemical substances near the sauna.

Assembly Instructions

Assembly of the sauna requires at least 2 adults to complete. Please read the instructions thoroughly before and during assembly to ensure proper installation of the unit. If you encounter any problems or have questions during assembly, please feel free to call our Customer Service Department or local dealers.

(1) LOCATION OF SAUNA

When determining a location for your sauna, please keep in mind the following:

1. The Main Power Cord on the sauna must be easily accessible.
2. The location must be dry and level.

(2) PLACING BOTTOM PANEL

Place the Bottom Panel on the ground and make sure that the **"FRONT"** sticker is facing the direction where the front of the sauna would be.

(3) CONNECTING BACK PANEL TO THE BOTTOM PANEL

Connect the Back Panel to the Bottom Panel by lining up the Back Panel on the groove of the Bottom Panel. ***Make sure to have someone hold the back panel while you connect the side panels.***

(4) CONNECTING SIDE PANELS

Connect the Side Panels to the Bottom Panel by lining up holes and fastening them with furniture bolts provided.

1. Each Side Panel has a white label to identify which side it is. The panel with **"LEFT PANEL"** label should be placed on the left side when facing the sauna from the front.
2. And, the panel with **"RIGHT PANEL"** label should be placed on the right side when facing the sauna from the front.

NOTE: INSTALL ALL FURNITURE BOLTS LOOSELY UNTIL SAUNA IS COMPLETELY ASSEMBLED THEN TIGHTEN THE FURNITURE BOLTS SECURELY IN PLACE.

LEFT PANEL

RIGHT PANEL

5) INSTALLING BENCH PANEL

Install the Bench Panel by sliding it over the Horizontal Guides on each Side Panel. Be careful not to scratch the Side Panels when doing so. Make sure to position the Bench so that the **"BACK"** sticker is facing back, the smooth and finished sides of the Bench are facing up and forward.

(6) CONNECTING FRONT PANEL WITH GLASS DOOR

Place the Front Panel onto the recessed area where the **"FRONT"** sticker is. Align with both Side Panels and secure in place by fastening with furniture bolts provided.

NOTE: INSTALL ALL FURNITURE BOLTS LOOSELY UNTIL SAUNA IS COMPLETELY ASSEMBLED THEN TIGHTEN THE FURNITURE BOLTS SECURELY IN PLACE.

(7) PLACING TOP PANEL (ROOF) IN PLACE

Put the Top Panel (**unfinished side up**) on the assembled panels. Gently place the Top Panel onto the rest of the assembled panels. When all four corners are in place, gently push down the Top Panel until it is snuggly fit over the rest of the panels.

Roof panel with unfinished side up

Roof panel in place on top of all 4 wall panels

(8) LIGHT INSTALLATION

1. Connect the power cables and feed into hole supplied.
2. Use screw provided to secure.
3. Place bulb in light and slip in light cover.

NOTE: BE CAREFUL NOT TO DROP UNCONNECTED POWER CORD INTO THE HOLE AT THE BACK OF THE LIGHT FIXTURE, AS YOU WILL NOT BE ABLE TO RETRIEVE IT.

THE FINISHED SAUNA!

Digital Control Operating Instructions

Digital Keypad Start Up & Adjustments

THE SAME CONTROLLER IS USED FOR BOTH THERASAUNA® CLASSIC AND THERASAUNA® PERSONA

Note: If you experience power failure, sauna will return to factory default settings, which are 135°F and 60 minutes, you will have to reset your settings. On powering up the sauna, the panel will display sauna internal temperature.

Once the TheraSauna® Persona reaches the set temperature, the heat indicator light will turn off to let you know the sauna has reached your desired temperature. This does not mean that the sauna is no longer emitting infrared, but that our patented, StableHeat™ system will now kick in. The onboard computer will reduce the voltage going to the TheraMitters™ to keep them on and emitting infrared, while simultaneously keeping the pre-set temperature from extreme fluctuations.

Session Timer Adjustment

With sauna in the "Off Mode" (orange heater light off) repeatedly press time button until desired session time is reached.

Setting Temperature

With sauna in the "On Mode" (orange heater light on) repeatedly press temperature up/down button until desired temperature is reached.
When heater/light on/off button is pressed, the interior and exterior sauna lights will turn on. The sauna light may be turned on or off at any time in any mode by pressing light on/off button.
Normal operating temperature is 100°F - 140°F (37.8°C - 140°C).

Diagnostic Code

SN: Bad temperature sensor, replace temperature sensors.
OH: Overheat, allow sauna to cool down. No service is needed.

Enjoying your TheraSauna® Persona

INSTRUCTIONS FOR USE

Review all health and safety instructions. If in doubt as to the advisability of using your infrared sauna, consult with your physician. If you feel light -headed or heat-exhausted during a session, exit the sauna immediately.

1. Set the temperature to a comfortable level, normally, 37.8-60℃ (100℉-140℉).
2. Allow approximately 15-20 minutes for the sauna to warm up before beginning a session.
3. Perspiration will begin within 10 to 15 minutes after stepping into the unit. We recommend that a sauna session does not exceed 30 minutes.
4. When the temperature reaches the setting level, the heaters will power down and trickle charge to maintain the desired temperature level inside of the sauna.
5. The front door/window and/or ceiling vent can be opened at any time to introduce fresh air into the sauna.
6. Infrared's unique property of direct penetration into the body without heating the intervening air in-between allows sauna users to enjoy all of its benefits while the door or window of a sauna is open for ventilation.
7. Please drink some water before, during, and after a sauna session. Doing so will replenish lost fluids from the body through perspiration.
8. Choosing to take a hot shower or bath prior to the sauna session will further promote perspiration. However, dry off thoroughly before going into the sauna because excessive water will stain or warp the wood. A shower after the session is refreshing and rinses perspiration from the body.
9. To absorb perspiration and keep the sauna tidy during the session, place a towel on the bench and floor of the sauna. Keep one towel handy to wipe excessive sweat from your body.

TIPS FOR USE

1. If you feel the need for more cooling, simply leave the door open until the air around you feels comfortable enough.
2. Drink fluids prior to, during, and after your session.
3. If you take a hot/warm shower or bath before your sauna session, you may perspire more. Try it with and without bathing or showering first to determine which way you prefer.
4. To utilize the sauna's heat therapy effect, give your hair a hot oil treatment while in the sauna. Put oil or treatment into your hair and wrap it with towel. After the session is over, rinse your hair thoroughly.
5. Use at least 2-3 towels. Sit on one towel folded over several times for added cushioning. Put another towel on the floor to absorb extra sweat. A third towel draped over the knees may aid you in comfort and is useful to towel off sweat.
6. Be sure to towel off excess sweat during your session to help the body to perspire more freely.
7. To help relieve sore and tense muscles, massage the affected areas while in sauna to help heal faster.
8. Shaving your face or legs with a razor while profusely sweating in a sauna yields an incredibly smooth result without the use of gels or foams.
9. Do not eat anything at least an hour before your sauna session. It is better to go in the sauna on an empty stomach. You are more likely to feel uncomfortable sitting in a sauna with a full stomach.
10. To make the most out of your sauna session, work your muscles while in the sauna. Stretch your arms and legs, massage your neck, massage your feet, etc.
11. You can benefit from the relaxing and soothing effects of a regular sauna session by going to sleep afterwards. The peaceful and relaxed state rendered by a sauna session will help you sleep easier and better.
12. At the first sign of cold or flu, increasing your sauna sessions may be beneficial in boosting your immune system and decreasing the reproductive rate of the viruses.
13. Consult your physician for the proper treatment for this or any other conditions.
14. To treat your ankles and feet more effectively, you must elevate them while inside the sauna. Any area that you wish to achieve a specific deep heating effect in should be moved as close to one of the heaters as feels comfortable.
15. After the session is over, do not immediately jump into the shower. Since your body was heated up during the session, it will continue to sweat even after the heaters are off. Sit in the sauna with the door open and let the body sweat a little more while it cools off. After you feel comfortable enough, take a warm shower and finish it off with a cold shower to cool off completely.

Maintenance

Cleaning Your Sauna

- Clean the control faceplate with a damp towel, or clean with a small amount of hand-soap mixed with warm water if necessary. Clean the sauna room with a wet cotton towel, dry with a clean dry towel. Do not use benzene, alcohol, chlorine, or strong cleaning chemicals on sauna.
- Sanitize the sauna with a vinegar and water mixture and apply as needed. (5 parts water, 1 part vinegar)

NOTE: Any chemicals that can damage the wood materials will damage the sauna and the wood.

Transportation and storage

1. Avoid exposure to rain, snow or strong collisions during transport.
2. Do not store in damp environments.

Warnings

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance!

Safety Instructions

Read and follow all instructions carefully.

When installing and using this electrical equipment, basic safety precautions should always be followed.

Do not use the sauna immediately following strenuous exercise. Wait at least 30 minutes to allow the body to cool down completely.

Safety precautions:

- To avoid fire, do not dry clothes or leave any towels in the sauna.
- To prevent burns or electric shocks, do not touch or use metal tools on the aluminum cover of the far infrared heater elements. While in the sauna, do not touch the light bulb. If the bulb needs to be changed, switch it off and wait until the sauna is shut off and the bulb is cool
- Do not spray water on the far-infrared ceramic heaters. This activity may result in electric shock or damage to the heater elements.

Do not use the sauna if you have any of the following conditions:

- Open wounds
- Eye disease
- Severe sunburn
- Elderly people, especially those suffering from a disease, pregnant women and infants are prohibited. Children over the age of 6 years of age may use the sauna under the supervision of adults.
- If suffering from a disease directly related to temperature, seek the advice of a doctor before use.
- Persons suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory system problems, or diabetes should consult a physician prior to using the sauna.
- Persons using medications should consult a physician before using the sauna since some medications may induce drowsiness while others may affect heart rate, blood pressure, and circulation.
- Do not place pets in the sauna.
- Do not use the sauna if you are under the effects of alcohol. The use of alcohol, drugs, or medications prior to or during the sauna session may lead to unconsciousness.

⚠ WARNING

REDUCE THE RISK OF ELECTROCUTION

Disconnect All Supply Connections Before Servicing

This Appliance Has 1 Supply Connection

⚠ WARNING

REDUCE THE RISK OF ELECTRIC SHOCK

Do Not Operate Unless Guard Is In Place

⚠ CAUTION

REDUCE THE RISK OF FIRE

Do Not Place Combustible Material On Heater At Any Time

⚠ WARNING

REDUCE THE RISK OF OVERHEATING

1. Exit immediately if uncomfortable, dizzy, or sleepy. Staying too long in a heated area is capable of causing overheating.
2. Supervise children at all times.
3. Check with a doctor before use if pregnant, in poor health, or under medical care.

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